

# MAIN POOL TIMETABLE (20 February 2024 to 24 March 2024)

		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00		
MONDAY	1	Lane Swim					Open Swim					Lane Swim					Open Swim					Pool Closed	Swimming Lessons						Members Only Swim		Octopush		Pool Closed	1	MONDAY	
	2	06:00 – 08:30					08:30 – 11:30					11:30 – 13:00					13:00 – 15:30						16:00 – 19:15						19:30 – 21:00		21:00 – 22:00			2		
	3																																	3		
	4																																	4		
	5						UYSWC					Lane Swim																	Tadcaster York Sport Swim Squad					5		
	6						07:00 – 08:30					08:30 – 15:30																	18:00 – 21:00					6		
	7																School Swimming																	7		
	8																12:30 – 15:00																	8		
TUESDAY	1	Lane Swim					Open Swim					Lane Swim					Open Swim					Pool Closed	Swimming Lessons						Members Only Swim		Octopush		Pool Closed	1	TUESDAY	
	2	06:00 – 08:30					08:30 – 11:30					11:30 – 13:00					13:00 – 15:30						16:00 – 19:15						19:30 – 21:00		21:00 – 22:00			2		
	3																																	3		
	4																																	4		
	5						UYSWC					Aqua					Lane Swim												UYSWC					5		
	6						07:00 – 08:30					08:40 – 09:30					09:30 – 15:30												19:30 – 21:00					6		
	7																School Swimming												Tadcaster York Sport Swim Squad					7		
	8																12:30 – 14:30												17:00 – 19:00					8		
WEDNESDAY	1	Lane Swim					Open Swim					Lane Swim					Staff Training		UYSWC Water Polo			Pool Closed	Swimming Lessons						Open Swim				Pool Closed	1	WEDNESDAY	
	2	06:00 – 12:30					08:30 – 11:30					11:30 – 12:30					12:30 – 14:00		14:15 – 15:45				16:00 – 19:15						19:30 – 22:00					2		
	3																																	3		
	4																												Lane Swim					4		
	5																UYSWC Swimming												19:30 – 22:00					5		
	6																12:30 – 14:00																	6		
	7											Adult Learn to Swim																	Staff Training					7		
	8											11:30 – 12:30																	19:30 – 20:30					8		
THURSDAY	1	Lane Swim					Open Swim					Lane Swim					Open Swim					Pool Closed	Swimming Lessons						Lane Swim				Pool Closed	1	THURSDAY	
	2	06:00 – 15:30					08:30 – 11:30					11:30 – 13:00					13:00 – 15:30						16:00 – 19:15						19:30 – 22:00					2		
	3																																	3		
	4																																	4		
	5																												Tadcaster York Sport Swim Squad					5		
	6																												18:00 – 21:00					6		
	7						YUSU Triathlon										School Swimming												Adult Learn to Swim					7		
	8						07:00 – 09:00										12:30 – 14:30												20:00 – 22:00					8		
FRIDAY	1	Lane Swim					Open Swim					Lane Swim					Open Swim					Pool Closed	Swimming Lessons						Lane Swim				Pool Closed	1	FRIDAY	
	2	06:00 – 08:30					08:30 – 11:30					11:30 – 13:00					13:00 – 15:30						16:00 – 19:15						19:30 – 22:00					2		
	3																																	3		
	4																																	4		
	5						UYSWC					Aqua					Lane Swim												UYSWC					5		
	6						07:00 – 08:30					08:40 – 09:30					09:00 – 15:30												19:30 – 21:00					6		
	7																School Swimming																	7		
	8																12:30 – 14:30																	8		
SATURDAY	1						Swimming Lessons					Open Swim					Family Splash!		UYSWC			Pool Closed										1	SATURDAY			
	2						08:00 – 12:30					12:30 – 13:45					13:45 – 14:45		15:00 – 16:30													2				
	3																															3				
	4	Pool Closed																														4				
	5																															5				
	6											Lane Swim																				6				
	7											12:30 – 14:45																				7				
	8																															8				
SUNDAY	1						Lane Swim		Open/Family Swim		Family Splash!		Open/Family Swim								Pool Closed										1	SUNDAY				
	2						08:00 – 14:00		09:00 – 10:15		10:15 – 11:45		11:45 – 16:30																		2					
	3																														3					
	4																														4					
	5	Pool Closed																													5					
	6																														6					
	7																														7					
	8																														8					
		06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00		

# SMALL POOL TIMETABLE (20 February 2024 to 24 March 2024)

			06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00			
MON	1	Pool Closed	Swimming Lessons 09:30 – 12:30								School Swimming 12:30 – 15:00								Pool Closed		Swimming Lessons 16:00 – 19:15								Pool Closed								1	MON
	2																																				2	
	3																																				Family Swim 09:30 – 12:30	
TUE	1	Pool Closed	Swimming Lessons 09:30 – 12:30								School Swimming 12.30 – 14:30				Pool Closed		Swimming Lessons 16:00 – 19:15								Pool Closed								1	TUE				
	2																																2					
	3																																Family Swim 09:30 – 12:30					
WED	1	Pool Closed	Swimming Lessons 09:30 – 11:30						Adult Learn to Swim 11:30 – 12:30		Pool Closed								Swimming Lessons 16:00 – 19:15								Pool Closed								1	WED		
	2																																		2			
	3																																		Family Swim 09:30 – 11:30			
THU	1	Pool Closed	Swimming Lessons 09:30 – 12:30								School Swimming 12.30 – 14:30				Pool Closed		Swimming Lessons 16:00 – 19:15								Pool Closed								1	THU				
	2																																2					
	3																																Family Swim 09:30 – 12:30					
FRI	1	Pool Closed	Swimming Lessons 09:30 – 12:30								School Swimming 12.30 – 14:30				Pool Closed		Swimming Lessons 15:45 – 19:15								Pool Closed								1	FRI				
	2																																2					
	3																																Family Swim 09:30 – 12:30					
SAT	1	Pool Closed						Swimming Lessons 08:00 – 12:30								Family Swim 12:30 – 14:30				Birthday Parties 14:30 – 15:30		Pool Closed										1	SAT					
	2																															2						
	3																															3						
SUN	1	Pool Closed						Family Swim 08:30 – 14:30										Birthday Parties 14:30 – 15:30		Pool Closed										1	SUN							
	2																													2								
	3																													3								
			06:00	06:30	07:00	07:30	08:00	08:30	09:00	09:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	20:00	20:30	21:00	21:30	22:00			

## Pool Information

Eight-lane 25m main pool has a depth of 1.2m through to 2m.  
Temperature around 29°C.

18m small pool has a depth of 0.8m through to 1.2m.  
Temperature around 30°C.

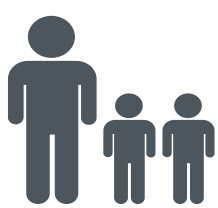
All users must abide by Pool Rules as displayed in changing areas.

\*Times and sessions are subject to change due to University and local school term dates, please check the York Sport website for up-to-date programmes.  
Please enquire at reception for information regarding bank holiday opening hours, or visit *york-sport.com* for timetable changes.

Swimming with children?  
Adult to child ratio:



1 adult and  
1 child 3 years  
or under



1 adult and  
2 children aged  
4-7 years



8+  
years

Term dates to 2023/24

Semester 1: 18 September 2023 – 2 February 2024

Semester 2: 5 February 2024 – 7 June 2024

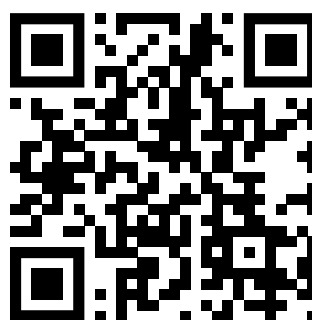
Vacation periods:

Winter: 18 December 2023 – 5 January 2024

Easter: 25 March 2024 – 5 April 2024

For changes to the timetables please visit  
[www.york-sport.com/timechanges](http://www.york-sport.com/timechanges)

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